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Bangalore Mirror

TEMP Max 30 | Min 19 | Humidity 58% Partly Cloudy Sensex 82,988 | Nifty 25,383 | Gold 73,537 | Silver 90,004 | Dollar 83.85 | Euro 92.29 | GBP 110.65

AGE OF SEWAGE

Condition of Talaghattapura Lake that was rejuvenated just 6 months ago has deteriorated fast due to sewage inflow

PAGE 5

MUCH BETTER

City starts witnessing reduction in dengue cases following a sharp increase over the past two months

PAGE 6

Public library in Halasuru looks like a warehouse; building is falling to pieces and not many people are aware of such a facility in the area

THE BOOK OF DERELICTION

Just temporary arrangement till new building is constructed, say officials

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Enter the public library at MV Garden in Halasuru and you will feel like you are entering a scrap shop. The library is maintained by the Department of Public Libraries in association with Bruhat Bengaluru Mahanagara Palike (BBMP).

The library is meant for the residents of the area and students in and around MV Garden, but it is not drawing many footfalls as many are not aware of its existence. And on top of that, even if they knew, they would not feel encouraged to enter this run-down space.

As per the visitors' register kept at the library, five to six people visit this library, which looks like a warehouse. There is hardly any space for the visitors to stand and read newspapers or magazines.

It is said the library was shifted to this small structure as the old structure where it was functioning was demolished a few months ago.

"It is the responsibility of the BBMP and the Department of Public Libraries to find a suitable building for the library. They shifted the library to this old structure in a hurry," said Murugan P, a resident of MV Garden.

> **"It is the responsibility of the BBMP and the Department of Public Libraries to find a suitable building for the library. They shifted the library to this old structure in a hurry**
>
> —Murugan P, MV Garden resident

Leaky roof

As with most of the government school buildings and BBMP hospitals, water leaks from the asbestos roof whenever it rains thus making it difficult for the visitors. The structure is not suitable to be used as a library as it has no basic amenities such as ceiling fans, toilets and water. "We covered the roof with

CONTINUED ON PAGE 8 »

Not missing anything

Adults who leave abusive home often find themselves being hounded by police due to pressure from families

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Adult women leaving their homes on their own accord are often subjected to unnecessary procedures, leaving them tangled in a loop of anxiety. In conversation with BM, Rekha (name changed), a woman in her 20s, revealed the ordeal she had to go through after leaving her home since she was being forced to marry.

In July, Rekha wrote emails to the required police authorities, sent videos and other required legal details, confirming her disappearance did not require investigation as it was orchestrated by herself, to escape the abuse she faced at her parental home. However, soon after moving to Ahmedabad from Bengaluru, she found the police at her doorsteps along with her parents.

"The police tracked me down and revealed all my details including my workplace address, my phone number and residential address to my parents and conducted an illegal investigation on me by following me to the new city I relocated to and appeared in plainclothes," she said. She expressed anxiety over the possibility of being taken back to her home city and being forced to lead a lifestyle she did not wish to.

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Art show

Explore 'Kala Bazaar,' an extraordinary art show empowering FLO members. The exhibition showcases painting, sculpture, furniture pieces, stained glass jewellery, and digital art. The highlight of Kala Bazaar will be the auction of a charcoal drawing and sculpture by the acclaimed artist 'Arun Yogiraj.' The sales from the artworks will support Gulab Seva, an NGO dedicated to supporting cervical cancer, and the FLO Social Initiative supporting Empowerment of Women.
Where: Bangalore International Centre (BIC)
When: September 18 & 19

02 Climate & art

Join in for the second edition of a unique climate-art event, 'eARTH' at BIC. The eARTh initiative works to create climate consciousness by putting art at the heart of climate action. At the event, the first batch of the eARTh Climate Fellows will display their artwork, which has been created over a nine-month-long fellowship. Moreover, students from Slam Out Loud and The Vasu Dixit Collective will perform, and CSTEP's coffee table book titled 'Arth' will be launched at the event.

Where: Bangalore International Centre
When: September 20, 12 to 9:30 pm

03 Emotive poems

This time at "Tuesdays with the Bard @ Urban Solace," spend a lovely evening listening to Astha's poems. Primarily focussing on confessional writing, her poetry is centred around love, life, loss, self-image, the pains of growing, and the spectrum of human emotions. Her love for literature, needless to say, extends to an obsession with books, making her an avid reader. When in a writer's block, she can be found crafting illustrations in her drawing journal.

Where: Urban Solace
When: September 17, 7:30 pm to 9 pm

Joyous celebration

Eid celebrations light up with vibrant parades, festive markets, and communal prayers in Bengaluru on Monday

PICS: KAUSHIK JN

Medical students, it's time to say hello to camera

Now, Rajiv Gandhi University of Health Sciences to implement webcasting of exams to ensure transparency in examinations, collect evidence of malpractices

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Webcasting seems to be the buzzword in the State now. After its successful debut in SSLC exams, followed by the Karnataka Examinations Authority's (KEA) competitive exams, now it is the turn of Rajiv Gandhi University of Health Sciences (RGUHS) to adopt this system for monitoring medical students examinations.

Webcasting of exams proved successful, significantly reducing instances of malpractice. "We have decided to implement webcasting during exams to prevent cheating. We are hopeful that this will yield positive results," said Dr Riaz Basha, Registrar (Evaluation), RGUHS.

Efforts to curb cheating

RGUHS, which oversees 211 colleges teaching medical and allied health sciences, is conducting exams for over 1.5 lakh students each semester. Instances of cheating are common, and some students get caught every semester. RGUHS has implemented biometric attendance and mandatory staff monitoring to reduce the likelihood of malpractice. This has led to a slight improvement in attendance records.

However, a section of students often come up with new ways to cheat, despite the vigilance of exam invigilators. In cases where caught students deny cheating, proving malpractice becomes a challenge for the university. RGUHS believes that webcasting will serve as a valuable tool in such situations, providing clear evidence when needed. A RGUHS official said that adoption of webcasting for monitoring exams is a necessary step in addressing the persistent issue of academic dishonesty and said, "We recognise that ensuring the integrity of examinations is crucial in maintaining the credibility of our educational programs. By implementing this technology, we can provide real-time oversight and capture critical information that helps us identify and address attempts to undermine the examination process."

The official added that the presence of high-definition surveillance cameras and the capability for immediate intervention significantly enhance their ability to prevent and respond to dishonest practices. This approach allows them to uphold standards and deliver fair assessments, ensuring that all students are evaluated on a level playing field. "Additionally, the integration of biometric systems for attendance further strengthens our monitoring efforts, making it harder for students to exploit loopholes. It is essential to adapt and employ advanced tools to keep pace with evolving methods of examination fraud. By embracing these innovations, we not only protect the value of our qualifications but also foster a culture of academic honesty and integrity. We are confident that these measures will contribute positively to our examination processes and reinforce the trust placed in our institution."

File photo of the webcasting system adopted by KEA

> **"By implementing this tech, we can provide real-time oversight, capture critical information that helps us identify & address attempts to undermine examination process.** –RGUHS official

How does webcasting work?

Webcasting involves installing HD CCTV cameras in exam centres, enabling voice command capabilities. These cameras are controlled from a central office via the internet, allowing real-time monitoring of students' movements. If suspicious behaviour is detected, a voice command can be issued from the central office to alert the student, thereby keeping malpractices in check.

CRIME FILES

LPG cylinder explosion injures 4

12 houses fully destroyed, 8 damaged in blast due to gas leak in Sanjay Gandhi nagar

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An LPG gas cylinder explosion in Sanjay Gandhi Nagar, Old Baiyappanahalli, left four people injured and caused damage to 12 houses on Monday morning. The incident occurred around 6:50 am, when a cylinder exploded at the residence of Annadurai (40), causing a massive blast that affected nearby homes.

Annadurai, who was alone in the house at the time, suffered severe burns. His neighbours, Bindersh (40), his wife Rekha (30), and their 10-year-old daughter, were also injured by the impact of the blast. All four victims were rushed to a hospital for treatment.

The explosion was powerful enough to completely demolish four houses and partially damage eight others. A parked vehicle outside the blast site was also wrecked in the incident. Local residents quickly alerted the authorities, leading to the prompt arrival of the Banaswadi fire department, who brought the fire under control.

Preliminary investigations indicate that the blast may have been caused by a gas leak. The incident has caused significant disruption to the local community, but fortunately, no fatalities have been reported. The police officials continue to investigate the exact cause of the explosion while ensuring the safety of other residents in the area.

Viral video brings brutality to fore

A rowdy sheeter allegedly attacked and stripped a young man in broad daylight near a toll booth under the Kamakshipalya police station limits. The incident occurred around 10-12 days ago but came to light only after a month-old video of the attack went viral last night.

The goon Pawan, also known as Kadubu, is seen attacking the young man and stripping him naked. He then chases the man in the middle of the road and beats him up, leaving him bloodied, especially around his face and nose. The disturbing video, which surfaced shortly after the attack, was allegedly leaked by Pawan's own friends.

Deputy Commissioner of Police (West Division) Girish confirmed the incident, stating that Pawan had assaulted his friend in a fit of rage after discovering that he had provided information about him to the police. Despite the brutality, the victim Arjun has not yet filed a complaint regarding the assault.

"We have received a complaint from Vishwas and are investigating the matter. We are also in search of both Pawan and the young man who was assaulted," said DCP Girish. Police officers are now on a hunt for Pawan and investigation is still going on.

Road rage incident in Indiranagar

In yet another incident of road rage, a confrontation took place near the Indiranagar metro station signal around 5.45 pm on Sunday. A bike rider on an electric vehicle, who was going the wrong way, harassed a car driver. The aggressor not only verbally abused the car driver, identified as Darshan, but also made rude gestures.

Darshan, the victim, shared details of the disturbing encounter on the social media platform X, bringing attention to the incident. While Darshan has yet to officially file a complaint with the police, the incident has raised alarm among local residents, who are increasingly worried about road safety. Police officials acknowledged the situation but urged the need for formal complaints to take further action.

Road rage cases in Bengaluru have been on the rise, posing a serious risk to commuters. Further developments are expected once the complaint is officially registered.

POSH plan: Sandalwood given 15 days

The Karnataka State Women's Commission on Monday asked a Kannada film chamber to come up with an action plan for putting together a committee against sexual harassment or give reasons why it is not possible to do that.

Director of Karnataka Film Chamber of Commerce (KFCC) N M Suresh and filmmaker Kavitha Lankesh, who attended a meeting on this, confirmed the commission's direction to the chamber. In the meeting convened by KFCC with women artistes, as directed by the state Women's Commission a few days ago, the former was given 15 days to come up with an action plan for a POSH (Prevention of Sexual Harassment of Women at Workplace) committee or give reasons why it is not possible to do that.

"It is a small step in the battle for justice to women in the film industry. And today it really felt like we were in a battle even for this small gain," said Lankesh president of Film Industry for Rights & Equality (FIRE). She was present in the meeting. FIRE set the ball rolling in the Kannada film industry when on September 4, it managed to get 153 artistes to undersign a petition to Chief Minister Siddaramaiah, demanding a committee on the lines of the Justice K Hema Committee, whose report revealed instances of harassment of women professionals in Malayalam cinema. —PTI

ADVERTORIAL

Pearson Elevates STEM Education in India with Launch of 'Conceptual Physics' Learning Experience

Narayana Murthy, Founder of Infosys, endorses textbook for STEM students in India

Bangalore, (Date): Pearson, the world's lifelong learning company, has unveiled the 13th edition of 'Conceptual Physics' by renowned physicist Prof. Paul G. Hewitt in India. Mr. Narayana Murthy, founder of Infosys, graced the launch of 'Conceptual Physics' at the Infosys Science Foundation and endorsed it as a must-read for Indian students seeking to excel in physics. This launch by Pearson aligns with India's 'Viksit Bharat' vision by 2047, which priorities higher education to drive innovation and progress.

Conceptual Physics, authored by Prof. Paul G. Hewitt, an internationally acclaimed author, is widely recognized for its unique approach of simplifying complex physics concepts, by emphasizing on 'concepts before calculation', while making them accessible and engaging for higher education aspirants. The latest edition offers updated content and real-world analogies that make learning physics both informative and fun. In India, where the focus on STEM education is intensifying, it will be a vital learning resource for individuals aiming to excel in the fields of physics.

With the release of this edition in India, students now have access to a globally renowned learning experience in Physics, covering essential topics such as mechanics, thermodynamics, electricity and magnetism, waves and modern physics, with an emphasis on current applications in digital technology, environmental science, and energy.

The 13th edition of 'Conceptual Physics' will soon be available across bookstores and e-commerce platforms such as Amazon, Flipkart and others. Pearson India, also plans to launch this resource in Hindi and Kannada soon, expanding its reach to students and educators nationwide.

"I am deeply satisfied to see the 13th edition of Conceptual Physics being launched in India by Pearson. My aim continues to be opening the eyes of students to see, appreciate, and understand how physics is relevant to their everyday lives. With the book's clear explanations, both science and non-science students can welcome the joy of truly learning physics concepts and foster a love for STEM education. I extend my heartfelt thanks to Mr. Narayan Murthy for recognizing the book as essential for Indian students. His support highlights the importance of accessible education in shaping our future."

- Prof. Paul G. Hewitt, Author

2 deadlines have come & gone without much action

While PG house owners get more time to follow new norms, HSRP violators also not fined yet

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Sunday saw two important deadlines expiring in the city. However, authorities say that they are still debating on the issue and whether to extend the relaxation or not.

Concerning the first deadline, the Bruhat Bengaluru Mahanagara Palike (BBMP) has shown a willingness to extend the deadline for compliance with the newly issued guidelines concerning Paying Guest (PG) accommodations, which was initially set for September 15. This extension offers some relief to PG owners in the city.

A delegation of PG owners recently met with BBMP Special Commissioner (Health), Suralkar Vikas Kishore and requested modifications to the guidelines. They proposed that the space requirement per individual be reduced from 70 square feet to 35 square feet and sought to limit the CCTV footage retention period from 90 days to one month. The petition was forwarded to the Chief Commissioner, and an extension of the deadline and revision of the guidelines is anticipated.

"Several BBMP hostels currently provide only 20x14 feet of space per person, highlighting the need for possible relaxation of some guidelines
–Arun Kumar, PG Owners Association

One of the paying guest homes in Domlur (File photo)

BBMP had issued these guidelines a month ago, with a compliance deadline of September 15. Failure to adhere to the guidelines would result in action under Sections 307 and 308 of the BBMP Act, 2020. The guidelines include mandates for a minimum of 70 square feet per person and 90 days of CCTV footage retention, which the PG Owners Welfare Association had contested.

Member from PG Owners Association, Arun Kumar said, "Certain wards at Victoria Hospital, which have 20 beds and two bathing facilities, were cited as examples where existing provisions do not meet the new guidelines. In fact, several BBMP hostels currently provide only 20x14 feet of space per person, highlighting the need for possible relaxation of some guidelines. Additionally, BBMP officials have agreed to issue new licenses and renew existing ones for PG accommodations in residential areas." Dr Syed Sirajuddin Madani, Chief Health Officer, BBMP said that Chief Commissioner will meet on Tuesday to discuss the revisions and extension of the deadline.

No penalty for non-HSRP vehicles till HC verdict

Even though the deadline to adopt High-Security Registration Plates (HSRP) ended on Sunday, no fines were levied. As Karnataka High Court will hear a case concerning the mandatory installation of HSRP on Wednesday, the Transport Department has decided to hold off on issuing fines for non-compliance. A company had previously petitioned the court, seeking an extension to complete the HSRP installation. The court granted an extension until September 15, with the final hearing now scheduled for the 18th. "The three-month deadline has now ended, and we will determine further action based on the High Court's decision," said C Mallikarjuna, Additional Commissioner of Transport (Enforcement), who also indicated that the installation rate could increase following inspections. Vehicles registered after April 1, 2019, already come equipped with HSRP, but older vehicles are still required to have them fitted. While 5.2 million vehicles have been updated, 14.8 million remain non-compliant. Transport Minister, Ramalinga Reddy confirmed that no enforcement measures would be taken until the court issues its ruling.

Another wake-up call for BBMP to do its job

Resident steps up where BBMP fails, builds retaining wall around open drain in HSR Layout

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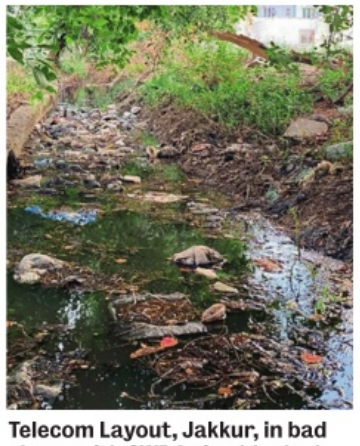
Shailaja, a proactive resident of HSR Layout, solved an open drain threat, which had been neglected by the Bruhat Bengaluru Mahanagara Palike (BBMP) for years, despite several complaints from the residents. She personally funded and oversaw the construction of a retaining wall around the open drain, ensuring the safety of everyone using the road. The wall, built from cement, is now painted and secured with a net covering to prevent garbage and debris from entering the drain.

For years, the stormwater drain (SWD) at 17th Cross, 9th Main, opposite Srirangam in HSR Layout, had remained an open hazard despite numerous complaints by residents. The CSR Welfare Association of HSR Layout had repeatedly raised concerns with BBMP about the dangerous condition of the five-foot deep drain, which posed a serious threat to pedestrians, two-wheeler riders, and animals. Unfortunately, their concerns were largely ignored, and the drain was left unattended.

Speaking about the situation, Shailaja expressed her frustration on the authorities' lack of response. "It's pathetic that despite repeated complaints and pleas, BBMP and our elected representatives remained unresponsive to this critical issue. Their negligence would have cost lives if not for proactive measures," she said.

The retaining wall not only prevented accidents and injuries that could have resulted from the exposed drain, but also stopped nearby restaurants and passersby from dumping garbage into the SWD, an issue that had been worsening over the years.


Telecom Layout, Jakkur, in bad shape with SWD being blocked allegedly by an institute in the area, stormwater drain and roads filled with sewage (FIle photo)

Shailaja's initiative has brought relief to residents, but she emphasised that such work should not fall on the shoulders of individual citizens. "It's unacceptable that citizens must take on the responsibility of ensuring public safety due to administrative negligence. Let's hope this serves as a wake-up call for BBMP and our elected representatives to take their responsibilities seriously. We deserve better," she stressed. Residents of HSR Layout hope that this act of community service will prompt the BBMP to address the remaining unattended drains and other safety hazards in the area.

Her efforts reflect the larger issue of civic apathy and the need for more responsible governance.

"This achievement marks the culmination of our relentless efforts to prevent garbage and debris from being thrown into the drain. I am proud to have played a key role in driving this positive change," Shailaja added.

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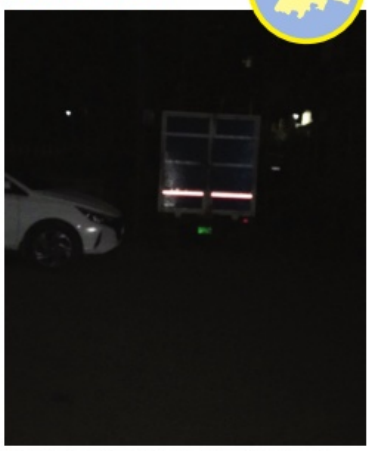
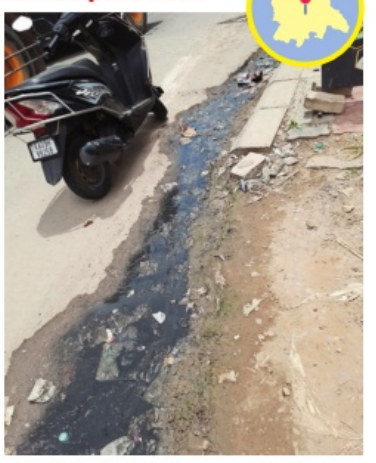
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Dark streets
Austin Town


Anglo Indian Block, Austin Town remains to be without street lights. Several complaints have been made to the officials, yet no action is taken.

Sewage overflow
Kanakapura Road


Underground sewerage pipeline has broken near 80 feet road and pipeline road junction between Gubbala and KSIT college, off Kanakapura Road. Sewage is overflowing on the road, creating a filthy stench, for over a week.

Potholed road
Yellagowdapalya

The newly asphalted road on Sri Anjaneya Temple street, Yellagowdapalya, is filled with potholes and with no officials to listen to complaints.

25 lakh+ Metro riders in city opt for QR code tickets

Metro passengers are increasingly favouring QR code ticketing over traditional token purchases. In just one year since its introduction, the number of users opting for QR code tickets has surpassed 25 lakh.

The Bangalore Metro Rail Corporation Limited (BMRCL) launched QR code ticketing in November 2022. Initially, there were 2.13 lakh users, which grew to 5 lakh by January 2023 and surged to 25.9 lakh by December 2023. Currently, over 30 lakh riders are using QR codes.

Following the full operation of the Purple Line in October 2023, there has been a significant increase in passenger numbers, and the use of QR codes has risen due to the high volume of passengers on this route. Officials report that QR code usage has increased as more passengers use smart cards.

Currently, the daily ridership on the Metro is approximately 8 lakh, with 52.27% using smart cards and 20.7% using QR codes. Token purchases have decreased from 15.9% in January 2024 to 20% in June 2024, and token use dropped from 32% to 27%, and smart card usage fell from 53% to 52.27%. It was also noted that despite the prevalence of smart cards, many users still prefer to queue for recharge at ticket counters. Additionally, in November 2023, BMRCL introduced QR group tickets for up to six passengers and offered a 5% discount on QR-based tickets, further boosting their usage.

Meanwhile, the 'One Nation, One Card' mobility card scheme launched by Prime Minister Narendra Modi on March 25, 2023, has received a lukewarm response. BMRCL, in collaboration with Ratnakar Bank Limited (RBL), is distributing these cards to Metro passengers.

QR code ticketing has quickly become the preferred choice for metro passengers due to its convenience and efficiency. Unlike traditional token purchases, being able to purchase and store tickets directly on a mobile device, passengers enjoy a seamless entry and exit process. This method not only speeds up boarding times but also reduces physical contact, which is crucial in maintaining hygiene and safety, said an official.

"The adaptability of this technology is another significant advantage. It allows for easy integration with existing digital platforms, thus leading to a rapid increase in its adoption, as evidenced by the substantial growth in QR code usage within just a year. Moreover, QR codes offer a cost-effective solution for both transit authorities and passengers."

How to obtain QR code?

Passengers can get a QR code by sending a 'Hi' message to BMRCL's WhatsApp chatbot number: 810 555 66 77. The ticket purchase options will follow, and once the information is complete, the QR code will be sent to your WhatsApp. **BMB**

Drowned in sewage, algae, revived lake cries for help

Rejuvenated just 6 months ago, Talaghattapura Lake turns into sewage pit due to blocked diversion channels, emits bad odour; residents demand swift action

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The Bruhat Bengaluru Mahanagara Palike (BBMP) Lakes Department has taken up rejuvenation of Talaghattapura Lake twice—in 2011 and 2021—in a decade. The latest rejuvenation, at an estimated cost of Rs 4.50 crore, was completed six months ago. However, with sewage entering the waterbody, currently the lake's condition is fast deteriorating.

"With sewage from the diversion channel entering the lake, water quality has become bad. Algae have already formed in the water of the lake. Some people have blocked the diversion channel with sandbags, thus making sewage overflow into the lake from there.

Many people visit the lake for a walk in the morning and evening. It has become tough for us to cope with the bad odour emanating from the clogged sewage diversion channel. I want the BBMP Lakes Department engineers to fix this problem without any delay," said Balakrishnan C, a resident of the area.

Residents of Talaghattapura, Banashankari 4th T Block, and surrounding areas were elated when the BBMP Lakes Department responded positively to their long-pending demand: Rejuvenation of Talaghattapura Lake. The residents and lake activists had struggled a lot, including inviting Karnataka Lokayukta to visit the waterbody to make the department take up rejuvenation of the lake.

Following its rejuvenation, the residents and lake activists were rejoiced to see the lake with freshwater and a lot of birds.

"We have no complaints on the quality of lake rejuvenation. The BBMP Lakes Department has desilted the lake, improved the lake bund, and constructed a sewage diversion channel to prevent sewage from entering the lake. We want to thank the department for providing all amenities at the lake, but its condition began deteriorating for the last two months due to sewage entering the lake," said Manjunath Huligaradi, a resident of Banashankari 4th T Block.

Terming letting sewage into the lake as a crime, Chaitanya Subramanya, an environmentalist who played a key role in beautifying black spots, demanded the Lakes Department act tough against those responsible for blocking the sewage diversion channel.

"What is the use of spending so much if the authorities concerned fail to facilitate the flow of sewage in the diversion channel without any hassles? Sewage is not only polluting the water in the lake but also becoming a health hazard for people who visit the lake. I want the authorities to take charge," said Subramanya.

Meanwhile, BBMP Lakes Department Assistant Engineer Shilpa said, "The SWD Department has taken up development of a nearby storm water drain. I will ensure that blockage is cleared." BBMP Lakes Department Executive Engineer Geetha added, "I will visit the lake on Tuesday morning and try to fix the problem."

Weeds have grown at Talghattapura Lake due to water pollution; (below) Sewage diversion channel, which is blocked with sand bags

"Some people have blocked sewage diversion channel with sandbags, thus making sewage overflow into lake from there. Many people visit the lake for a walk in morning & evening. It has become tough for us to cope with bad odour emanating from clogged sewage diversion channel

Pedalling towards health

Aiming to inspire people to consider cycling as a viable mode of daily commute while contributing to a greener environment, the Bharat Electronics Officers' Club (BEOC) on Sunday organised a cyclothon with the theme-Pedal for a Healthy Living.

"The objective is to encourage the public, including Bharat Electronics Limited (BEL) employees, to live a healthier lifestyle and create awareness on how to reduce traffic congestion. It was a great success," said Sumanth G Sohan, a committee member of BEOC.

According to him, 120 people participated in the 24-km cyclothon from the BEOC to Avalahalli Forest and back. "Around 80 children participated in the 5-km cyclothon on the BEOC premises. We ensured the safety of children by providing specially designed tracks for them," he said. By having a special category for kids, the event promoted family involvement, and it would help children develop a positive mindset toward physical activity and environmental responsibility from an early age, Sohan said.

Appreciating the BEOC for organising the event, BEL Deputy General Manager Swaroop G said that he has also participated in the cyclothon. "I am residing three kilometres from the BEL campus and come to the office by bicycle three days a week. I also want to encourage and motivate BEL employees residing at the BEL colony to come to office by bicycle," he said.

Rajnish Sharma, Director of Bangalore Complex, flagged off the event and inspired participants to embrace the importance of cycling and healthy living. "All the participants were given medals, certificates, and refreshments. These tokens of appreciation will serve as reminders of their effort and contribution to a healthier lifestyle," Sohan added.

Y Maheswara Reddy

Finally, dengue cases are dropping in B'luru

Daily count, which had previously hovered around 200, has now dropped to approx 50

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Bengaluru has begun to witness a reduction in dengue cases following a sharp increase over the past two months. According to data from the Health Department, 1,101 new cases have been recorded in the first 15 days of September. Since the beginning of the year, the city has reported 12,558 cases of dengue within the Bruhat Bengaluru Mahanagara Palike (BBMP) limits, with most patients recovering successfully. However, three individuals have tragically lost their lives due to the severity of the disease. While there were initial suspicions of dengue being the cause of death for some others, their cases were not included in the official "death audit report."

Some fatalities were linked to other underlying conditions and therefore not classified as dengue-related. According to an official, dengue cases remained relatively low (with 1,563 cases) until the end of June; however, July saw a dramatic spike (6,781 cases), largely attributed to the city's alternating heat and rain. Further, due to aggressive public health interventions, including hotspot identification, fogging, fever screenings, and larval surveys, the situation began improving in August. Yet, despite these efforts, over 3,000 cases were still recorded that month.

"The daily number of new cases, which had previously hovered around 200, has now dropped to approximately 50. At present, 21 patients are receiving hospital care for dengue. During the peak of the outbreak, several hospitals ramped up their capacity, with KC General Hospital, Sir CV Raman General Hospital, and Jayanagar General Hospital each setting aside 25 beds each, and Yelahanka Taluk Hospital and KR Puram Taluk Hospital reserved 10 beds each for dengue patients. With the recent drop in dengue cases, these beds are now being repurposed for other medical needs," said an official.

BBMP workers using spray and fogging machine to clear mosquitoes in a residential area at Chikka Banaswadi Main Road

> **We still cannot declare the outbreak under control. The fluctuating weather patterns, marked by intermittent heat and rain, can trigger new spikes**
>
> –Health Department official

Uncertainties due to weather

Despite the recent decline, health officials warned that the situation remains fluid. "While the current decrease in cases is encouraging, we cannot declare the outbreak under control. The fluctuating weather patterns, marked by intermittent heat and rain, can trigger new spikes. Vigilance and preventive measures must continue through October to mitigate any further outbreaks," a health department official said.

A city-based doctor said that it's important to remember that we're not out of the woods yet. Dengue is a seasonal disease, and with Bengaluru's fluctuating weather—particularly the combination of heat and rain—mosquito breeding can spike at any time. "Simple preventive measures, such as ensuring there is no stagnant water in and around homes, can make a huge difference. Early diagnosis is equally vital—if you experience symptoms like fever, severe headaches, or joint pain, seek medical advice immediately. Hospitals are equipped to handle dengue cases, but our goal should always be prevention. Continuous awareness with coordinated efforts from health authorities and the public, will help us keep this disease in check until the threat fully subsides."

State registered union can act for workers before CGIT: HC

The Karnataka High Court has ruled that a trade union registered with the State government is eligible to represent workers before the Central Government Industrial Tribunal-cum-Labour Court (CGIT) in a dispute that has been referred to for adjudication. This observation was made by the Court while hearing a writ petition filed by the Central Silk Board (CSB) Management, challenging an award passed by the CGIT.

The Division Bench stated, "The judgment in W.A.No.407/2007 dated 13.08.2007, which is also relied on by the petitioner specifically considered the question whether the writ petition by an unregistered union is maintainable before the High Court and whether the Government was justified in refusing to refer a dispute and issuing endorsement under Section 12(5) of the Act. The Court held that an unregistered union cannot maintain a writ petition under Article 226 of the Constitution of India."

In the case at hand, the Central Government, using its powers under Section 2(a)(1)(d) read with Section 10 of the Industrial Disputes Act, 1947 (IDA), referred a question regarding the legality and justification of the demand made by the CSB Employees Union for increasing the retirement age of time scale farm workers from 55 years to 60 years. The CGIT, after examining the arguments and evidence presented, issued an award in favour of the CSB Employees Union, deeming their demand legal and justified. Aggrieved by this award, the CSB approached the High Court.

The Court opined that the Tribunal's award should not be interfered with lightly. Finding no patent illegality in the award that would warrant interference through extraordinary jurisdiction, the High Court dismissed the writ petition filed by the CSB Management. **–BMB**

BM Trippin' Tales

Consumer Connect Initiative

Nandi Hills ropeway project may start soon

Sridhar.Vivan
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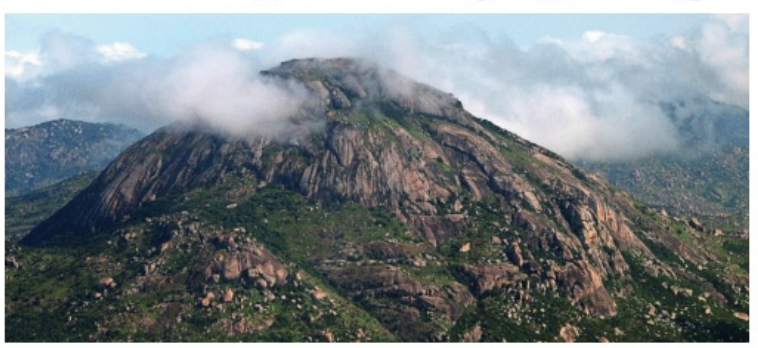
TWEETS @sridharvMIRROR

The ropeway project at Nandi Hills is finally making some progress after a long wait. Officials claim that the land acquisition for the project is complete, and work is set to commence soon. Last August, the district administration conducted a site inspection at Nandi Hills and convened a meeting with officials to address technical issues. The state government also held discussions with various departments like forest, revenue, and horticulture to resolve project-related challenges. However, since then there had been no movement. Now, officials are saying that the project will be starting soon.



Spanning 3 kms, ropeway will connect hill's base to its summit

Implemented through a public-private partnership, the ropeway will span three kilometres, connecting the hill's base to its summit. Delays, primarily due to land acquisition hurdles, have been resolved, and the project, with an estimated cost of Rs 200 crore, is slated for completion in two years. While conservationists are opposing the ropeway project saying that it will result in felling of many trees, officials defend that the ropeway not only bolsters tourism but also creates job opportunities locally. Additionally, the government has earmarked Rs 50 crore for Nandi Hills' development, including infrastructure like parking, viewpoints, and more.

Collaborating with a private company, the Tourism Department is spearheading the project at an estimated cost of Rs 93.40 crore. The ropeway will also come up with amenities like restaurants, hotels, and ample parking. "The government's initiative to develop Nandi Hills includes essential facilities and aims to transform the surrounding areas into a tourist hotspot. With plans for a comprehensive tourist experience, including transportation, amenities, and infrastructure, Nandi Hills is poised for a significant tourism surge, benefiting both visitors and the local economy," said an official. The official added that the contractor has received instructions to commence work immediately, emphasising the urgency of the project.

A senior official said, "The ropeway project is poised to become a major tourist attraction at Nandi Hills. The government's plan to develop the surrounding areas as a tourist hub aligns with the broader vision for Nandi Hills which will also have a strategic approach towards regional development. The project has dual benefits of providing efficient transportation and creating job opportunities for locals."

HEALTH TIP: Turmeric has an active component called curcumin which is rich in antioxidants

Peppermint can help cure throat pain and cold and fight bacterial infections

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Tuesday, September 17, 2024
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NEW PHASE

Menopause usually isn't a time of poor mental health

Menopause is having a cultural moment.

Sick of suffering in silence, globally women and their doctors are speaking up and demanding access to open conversations and better menopause care.

For decades, some women have endured an enormous amount of unnecessary suffering around menopause.

There have been countless stories of healthcare professionals failing women, for instance through dismissing menopausal symptoms and failing to provide adequate care.

So this attention is long overdue.

But with this spotlight has come a lot of messaging that menopause is catastrophic for mental health.

For example, in a submission to the 2024 Australian Senate Inquiry into menopause, which is due to hand down its findings on September 17, this life stage was described as a time of "damage, despair and death" due to untreated menopausal mental illness.

Changing estrogen levels over menopause have been reported to cause a "destabilising" effect on the brain and mental health.

But while research shows some women may be more mood-sensitive to estrogen changes than others, overall the best available data shows that mental illness is not a core or common experience over the menopause years.

Anger is not mental illness

Some midlife women self-report feelings of anger or rage around the time of menopause.

Anger is not a mental illness, but should be followed up if it becomes severe or is negatively affecting your daily life.

Being dismissed in a doctor's office because "my wife coped fine with menopause" or because a GP explains they are not trained to manage menopause and refers on to a specialist clinic that has a 12-month waitlist are legitimate triggers for anger and unnecessary suffering.

As a society, this anger can be mobilised to demand improved care for menopause and ageing women's health issues, while providing appropriate care for distressing or impactful symptoms as needed.

Most women remain mentally well

A Lancet Series paper on menopause and mental health reviewed findings from prospective studies that tracked changes in women's mental health across the menopause transition.

Specifically, depressive symptoms and disorders were looked at, as well as anxiety, bipolar, psychosis and suicide.

It found rates of depressive symptoms remained relatively low over perimenopause, which is the time of irregular periods culminating in the final menstrual period at menopause.

In the studies reviewed, 17 percent to 28 percent of perimenopausal women reported depressive symptoms compared to 14 percent to 21 percent of premenopausal women.

Only two studies have investigated the risk of developing major depressive disorder assessed uniformly by a clinician, and neither found that women were at increased risk of new-onset depression over menopause.

Women typically start to go through menopause in their late 40s.

Australian Bureau of Statistics data shows no increase in the prevalence of depressive disorders in women of this age. Instead, it is men who experience an increased prevalence of depressive disorders at midlife.

In other words, the hormonal changes of menopause don't appear to have a "destabilising" effect on mental health for most women.

This information is important to help women feel more confident about transitioning menopause.

Attitudes towards menopause help shape younger women's expectations. A negative attitude towards menopause increases the future risk of developing depressive symptoms over perimenopause.

By avoiding unhelpful and inaccurate messages that menopause often spells doom for mental health, we can help improve expectations for the next generation of women entering menopause.

However, research shows that certain subgroups of women are at risk of mental health issues over menopause and there is more that could be done to support these groups.

Risk factors for mental health

The most evidence has been collected about the connection between menopause and depression. While most women don't develop depressive symptoms or disorders over menopause, some women are at risk.

Several factors relating to menopause and broader life circumstances help explain this.

These include severe hot flushes, especially those that disturb sleep, going through a particularly long menopause or being thrust into menopause due to surgery rather than as a result of natural ageing.

When these collide with other risks — previous history of depression, life stress or minority status — then the risk of mental health decline compounds.

Unfortunately, the lack of adequate medical training to manage menopause has only added to this burden.

Supply issues with access to menopause hormone therapy for those who need it is another factor at play.

While hormone therapy is very effective for symptoms like hot flushes and night sweats, it has not been shown to treat symptoms such as depression, anger, brain fog or fatigue which some women experience at midlife.

These factors are all alongside a broader culture that devalues ageing women's voices.

The path ahead

The messaging that menopause is a time of decline and decay and that mental illness is common at this life stage has its origins in the 1950s.

Dr Herbert Kupperman and Dr Meyer Blatt were the first to compile a scale to describe and measure "menopausal syndrome", and considered psychological symptoms as central to the experience of menopause based on their observations of women they treated in menopause clinics.

They described the uterus as the "Achilles heel" of the organs and menopause as a "rather unpleasant and possibly dangerous" time of life.

Women deserve better than this outdated messaging because it is not backed by good science.

Equally, dismissing women's mental health concerns at midlife, or the potential impact of menopausal symptoms on mental health, is just as problematic.

Improving high-quality training in menopause management for medical students and practitioners along with improving the skills of psychologists and other health professionals could go a long way to address this issue.

Perhaps most importantly, midlife women's voices need to take centrestage.

As the next generation of women enter perimenopause, they probably hope to be wiser, more powerful and compassionate versions of themselves due to the life experience and leadership opportunities gained by age.

Balanced clinical care that acknowledges and treats any menopause symptoms — without framing menopause as a disaster — would help empower these women to thrive over the midlife years.

(By Lydia Brown and Martha Hickey, The University of Melbourne, 360info.org)

All you need to know about...

Ringworm

What is it?

If your nails are affected by ringworm, they may become thicker or discolored or begin to crack. If your scalp is affected by ringworm, the hair around it may break or fall off, and bald patches may develop.

There are external and internal factors that could increase your risk of getting ringworm. These may include, living in a warm area, having a weak immune system, having close contact with a person or animal who has ringworm, and wearing tight clothes frequently.

These fungi may live as spores in the soil. Humans and animals can contract ringworm after direct contact with this soil.

What causes it?

Ringworm is not actually caused by a worm or some form of living parasite. It's caused by a fungus called tinea, which lives on the dead tissues of the skin, including your nails and hair. Ringworm causes your skin to have a red and itchy patch. And with time it takes the form of a ring (or several rings).

Areas of the body that can be affected by ringworm include toenails or fingernails (tinea unguium, also called onychomycosis), feet (tinea pedis, commonly called athlete's foot), hands (tinea manuum), groin, inner thighs, or buttocks (tinea cruris, commonly called jock itch), scalp (tinea capitis), and beard (tinea barbae).

Early intervention is crucial, to avoid transmitting the infection to others.

2 home remedies

You must keep the infected area as clean as possible when you have ringworm. This helps prevent the rash from spreading further and helps to keep the infected area under control.

There are both antifungal and microbial properties in coconut oil that can help cure ringworm infection.

—Kasish Khanna, Femina

K'taka cabinet meet to be held in Kalaburagi on Sep 17

Karnataka Chief Minister Siddaramaiah on Monday said the state cabinet will meet here on September 17 to discuss the development of the Kalyana Karnataka region, and decisions are likely to be taken regarding a separate secretariat and industrial policy for the region.

The cabinet meeting in Kalaburagi would also coincide with 'Kalyana Karnataka Utsava' celebrated to mark the liberation of the region from the Nizam's rule, and the celebrations to mark 10 years of Article 371(J) of the Constitution under which the region got special status.

"We may not be able to fulfill all the expectations, but we will certainly try to give solutions to a few important issues. Regarding what was mentioned in the budget and other important issues, we will discuss and decide in the cabinet tomorrow," Siddaramaiah said.

Speaking to reporters here, the CM said a subject on employment issues in the region, is also expected to come up before the cabinet.

"There has been a demand for a separate secretariat for the Kalyana Karnataka region for a long time now, we will try to do it," he said in response to a question.

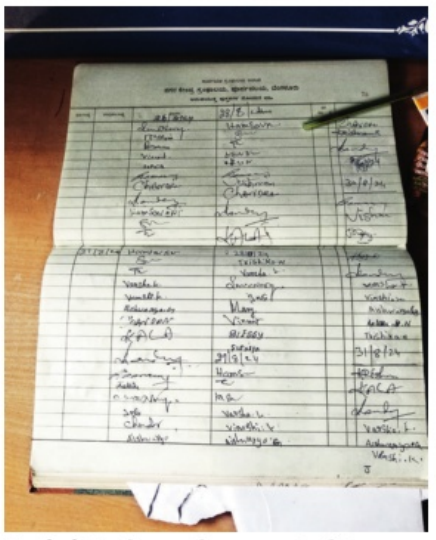
Kalaburagi is considered as the capital of the 'Kalyana Karnataka' or the Hyderabad Karnataka region as it was earlier known. These districts that were under the erstwhile rule of Nizams of Hyderabad are among the backward regions in the state.

The region comprising Bidar, Ballari, Vijayanagara, Kalaburagi, Koppal, Raichur and Yadgir, enjoys special status under the Constitution (Article 371(J)) owing to its backwardness.

Noting that a separate industrial policy for Kalyana Karnataka region will be decided tomorrow, he said, "We will do everything possible tomorrow, we are in favour of Kalyana Karnataka (development)."

Article 371(J), which grants special status to backward districts of Kalyana-Karnataka region, was amended when Manmohan Singh was the Prime Minister, he recalled and said it was fulfilled with efforts made by Mallikarjun Kharge (AICC President) and former Chief Minister Dharman Singh. **PTI**

This library is a study in neglect



Roof of the library is covered with tarpaulin; visitors' books reveals sorry tale of footfalls

CONTINUED FROM PAGE 1

tarpaulin to prevent water leaking during the monsoon. We are expecting that the library will be shifted to a new building as soon as the construction is completed,'' said the librarian.

An open drain full of silt and dirty water poses a health hazard for people who visit the library. "The open drain is not only a nuisance but also a breeding place for mosquitoes.

The librarian must take the help of BBMP Solid Waste Management Department to keep the surroundings of the library clean,'' said Ashok N, a resident.

Demanding that the authorities concerned shift the library to a suitable building soon, Manohar S, a resident of MV Garden, said that residents and students hesitate to go to the library as there is no space or facilities to read newspapers. "Having a public library at such a small and dingy structure serves no purpose,'' said Manohar.

The Deputy Director of the Department of Public Libraries told BM that the library was shifted to the building on a temporary basis. "The BBMP has to provide the infrastructure for opening a library. The BBMP authorities have assured us that a new building for the library would be constructed. We will shift the library as soon as the construction of the building is completed,'' said the Deputy Director.

Probes launched into people who leave on their own accord

CONTINUED FROM PAGE 1

After Rekha threatened to take legal action against the police, they were forced to accept her letter, stating that she left her house on her own accord and the matter did not warrant an investigation as she was never missing.

Dushyant Dubey, a social worker, popularly known as Broseph, told Bangalore Mirror, while noting that what happened with Rekha is not an uncommon happening said that adults wishing to leave abusive homes are suggested to send a signed affidavit clearly mentioning that they are leaving on their own accord with other requirements such as an ID proof to the police department, through email or registered post, in order to avoid a missing case being registered.

"Despite the adults in question having done this, we see that the police department often goes on to file FIRs. We do not have a mechanism to ensure adult persons wishing to move away from their homes can do so peacefully. There are instances where the adult has also made videos of themselves, affirming their claims of leaving on their own accord and ensuring their safety at the same time. These videos have been sent to the police, their immediate and extended family. Unfortunately, this is still somehow not enough and the case is investigated," Dubey explained.

He noted that the investigation, which requires the use of taxpayers' money, often only leads to the said 'missing person' to appear at the local jurisdictional police and file a letter in person. A majority of adults who try to appear at the jurisdictional police station to raise the matter before their disappearance are fearful of the police siding with the family, due to varying reasons such as society norms and personal connections, he added. "If the police inquired into the matter with sensitivity, they would find that the person chose to leave their abusive home and are not missing," he said.

"Due to these consequences, flaws in the system, there are numerous girls who continue to live in abusive homes. The women who are brave enough to try to leave their toxic environments are punished for their transparency. What kind of society are we living in if a woman is still being treated as somebody's personal property?" Dubey questioned.

He noted that Sakhi One Stop Centres (OSCs) are responsible to ensure such women are able to receive assistance. However, they are barely functional. "The Karnataka website listing the contact numbers to get in touch with the OSC for Bengaluru has 12 digits. It does not even work," he said.

What are Sakhi centres?

Established in 2015, OSCs are a significant project funded by the Nirbhaya Fund, which was created following the recommendation of the Usha Mehra Commission in the aftermath of the December 2012 gangrape of a student in Delhi. The fund aims to support initiatives that protect and empower women. In 2022, the OSC scheme was integrated into the Sambal Scheme, which focuses on women's safety and security, under the umbrella scheme Mission Shakti, dedicated to the safety, security, and empowerment of women.

Every district in the country should have an operational OSC to provide integrated support and assistance to women affected by violence, and facilitate immediate, emergency and non-emergency access to a range of services including medical, legal, temporary shelter, police assistance and psychological counselling support. Presently 733 OSCs are operational in 729 districts of the country, according to the data provided in Lok Sabha on February 10, 2023. According to data compiled by the Centre for Budget and Governance Accountability (CBGA), Bihar and Karnataka had the lowest utilisation of funds for OSCs as of 2022. Notably, these two states also have the highest rates of spousal violence, as reported in the National Family Health Survey-5 (NFHS-5).

The effectiveness and value of OSCs are hindered by the lack of integration with other systems, such as the Women's Helpline. Furthermore, the limited awareness among key stakeholders, including the police, reduces the reach of this crucial service.

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I Vijay Kumar Venkataswamappa S/o Venkatashamappa M R/o #86 Rathnamma Venkataswamy Nivas Vgg Layout K Channasandra Bengaluru-560016 have changed my name to Vijay Kumar Venkatashamappa for all purposes

I, Raziya Anis Punjabi R/o No.1205/M, 2nd Floor, 1st E main, 5th cross, LN Colony, Yeshwanthpur, Bengaluru 560022 have changed my minor son name from Ashwad Anis Punjabi to Aswad Anis Punjabi Affidavit Dt.16/09/2024 notary Harisha G, B'luru

I Mahiba Khathun C/o Touseef Ali Khan R/o #45/47 2nd Cross Popular Colony Near Khaja Masjid Mangammanapalya Bommanahalli B'luru-560068 have changed my name to Mahiba Khun for all purposes.

I, KAVITHA N W/o Sridhar M R/o No:- 485 5th Main Jnanajyothi Nagar Ullalu Bangalore 560056 have changed my name to KAVITHA S for all purposes

I, Asif Syed Abbas S/o Syed Abbas R/o Baballi Village Bhadra Colony Post, Bhadravathi, Shivamogga, Karnataka-577301 have changed my name to Asif.

I Sambhav V K S/O, Vinit Kumar Kain R/o 307, Mahaveer Cornet Apartment, Kengeri Satellite Town, Bangalore - 560060 have changed my name to Sambhav Vinit Kain.

I, JEEVAN BIKKODU SADASHIVA SHETTY, R/At 19,Pranavam,4th Cross, Shivaganga Layout, Mahadevapura, B'lore 560048,have My Father's name incorrectly spelt as SADASHIV SHETTY BIKKOD NARAYANA in my Passport num : U6585881, The correct spelling of his name is BIKKODU NARAYANA SHETTY SADASHIVA SHETTY and should be considered so for all purposes

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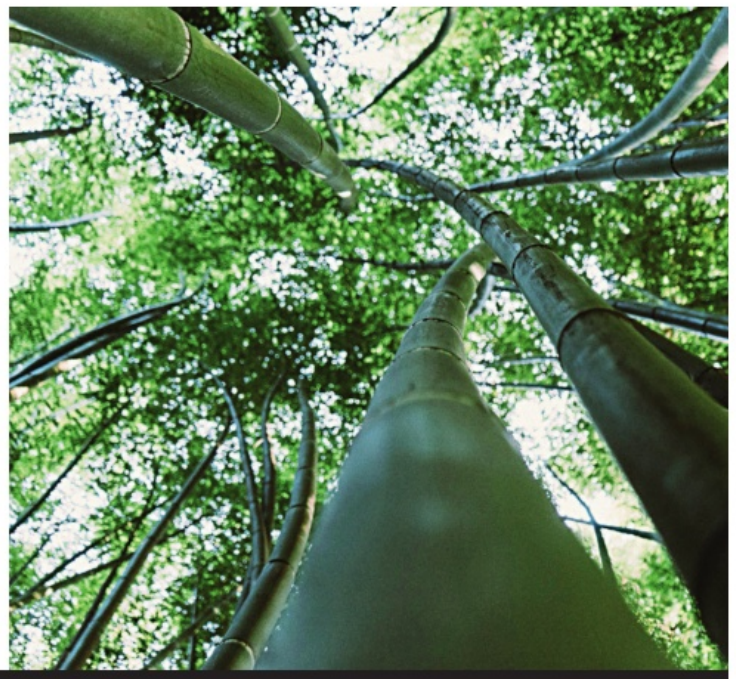
"You can attend any one seminar"

Festival celebrates versatility of bamboo

Scientists, students, govt officials participate in Bamboo Habba organised at CGBMT campus



School children with bamboo seedlings

Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

The Centre for Green Building Materials and Technology (CGBMT) organised Bamboo Habba 2024, a two-day festival celebrating the versatility and sustainability of bamboo, wrapping it up successfully on Sunday at its campus.

The festival showcased bamboo's potential in sustainable development through a series of workshops, bamboo music, fashion shows (the costumes also included the element of bamboo), exhibitions, and interactive sessions with experts. Attendees explored how bamboo can be utilised in modern architecture and its role in mitigating global warming.

The event saw a vibrant turnout, including scientists, government officials, prominent architects, and students from various private and government schools, as well as local villagers. "This event is a step towards promoting a sustainable lifestyle and fostering an understanding of our rich bamboo culture," said Architect Neelam Manjunath, Chairperson and CEO of CGBMT.

"We have been creating awareness among the schoolchildren and farmers on the importance of bamboo plantations and bamboo products. We have distributed bamboo seedlings among them. We have been conducting regular training and workshops on sustainable development practices at our campus. Schoolchildren and farmers can visit our centre for further training," said Manjunath. The centre has also adopted a government school and farmers of Kamenahalli near Devanahalli.

Manjunath said that as World Bamboo Day approaches on September 18, it is crucial to put a spotlight upon India's pioneering role in bamboo production and its environmental advantages. Bengaluru, whose population has surged from 1.2 million in 1960 to 13 million today, is leading this initiative.

Spearheaded by Neelam Manjunath, the Bamboo City project showcased at the C40 Cities Woman4Climate programme as well as the Bruhat Bengaluru Mahanagara Palike's (BBMP) Climate Action Plan in collaboration with WRI is aiming to tackle urban air and water pollution through nature-based solutions, with bamboo serving as a central material for construction. This project will align with the Climate Action Plan, targeting reduced greenhouse gas emissions and enhanced climate resilience with a goal of carbon neutrality by 2030. By using bamboo, the project supports sustainable development while creating economic opportunities and advancing environmental and social goals. "Bengaluru will serve as the pilot city, with CGBMT acting as a testing ground for these innovations," she said.

The CGMMT is committed to promoting sustainable building practices and innovative green materials, striving to advance eco-friendly technologies and foster a more sustainable built environment.

Youths tricked into Ukraine war return India

Men hired by undercover military agency talks of travails they faced once they reached war zone

Three Indian nationals--Syed Ilyas, Abdul Naheem, and Sameer Ahmed from Kalaburagi, Karnataka--who were allegedly stranded in the Russia and Ukraine border returned home safely on Friday, following timely intervention by the Central government. The family members had earlier appealed to the government for assistance in securing their release.

Spurious agency

According to the parents, the trio were recruited by an agency that deployed them for undercover military service in Russia after obtaining their signatures. The family had requested the Union Government's help, citing concerns about the youths' well-being and the unclear circumstances surrounding their employment.

With the successful repatriation, the families have expressed gratitude to the Union Government for its prompt action.

The youths shared their bitter experience with ANI, revealing that they were deployed on the border of Russia and Ukraine, where they witnessed the devastating effects of the ongoing conflict. They expressed relief at being reunited with their families and thanked the Union government for their safe return.

Earlier, on September 12, the Ministry of External Affairs clarified that 35 Indian nationals have been discharged since Prime Minister Narendra Modi's visit to Russia in July.

45 Indians freed so far

In total, 45 Indians have been discharged from war-torn Russia.

Addressing the briefing on Thursday, MEA spokesperson Randhir Jaiswal said, "In July, when our Prime Minister travelled to Russia, he also took up the matter with President Putin. And since the Prime Minister's visit, 35 Indian nationals have been discharged. Prior to his July visit, 10 Indian nationals had been discharged. So 45 Indian nationals have been discharged so far." —ANI

HDK slams govt for 'not conducting' local bodies polls

Union Minister for Heavy Industries and Steel H.D. Kumaraswamy has slammed the Congress-led Karnataka government for "not conducting" local bodies elections and accused it of having "no concerns for democracy".

In a statement on Monday, Union Minister Kumaraswamy said that if the government is committed to preserving democracy, they should first conduct local bodies' elections.

"Since coming to power, you (Congress government) have not conducted elections for district and taluk panchayats, which are the foundational pillars of grassroots democracy, nor for the BBMP (Bruhat Bengaluru Mahanagara Palike). Why?" the Union Minister said. "Just because you have come to power, does it mean that the local governments should be ignored while you parade around the Vidhana Soudha?" he added. "CM Siddaramaiah, it has been more than a year and four months since you came to power, yet you have not been able to conduct local body elections. Your democracy and people's welfare shine only in advertisements! Your publicity is abundant, but your actions are lacking," the JD-S leader said.

Kumaraswamy took a jibe at the government asking if democracy can be preserved by forming human chains. —IANS

Chai-Time

SOLVE IT IN A MINUTE

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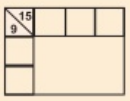

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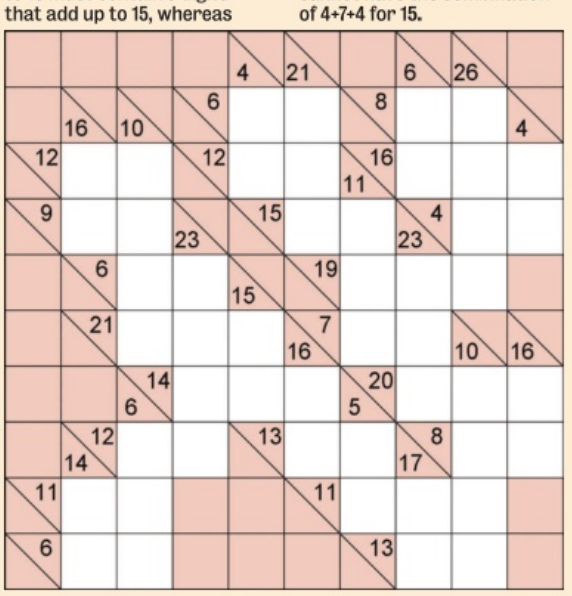
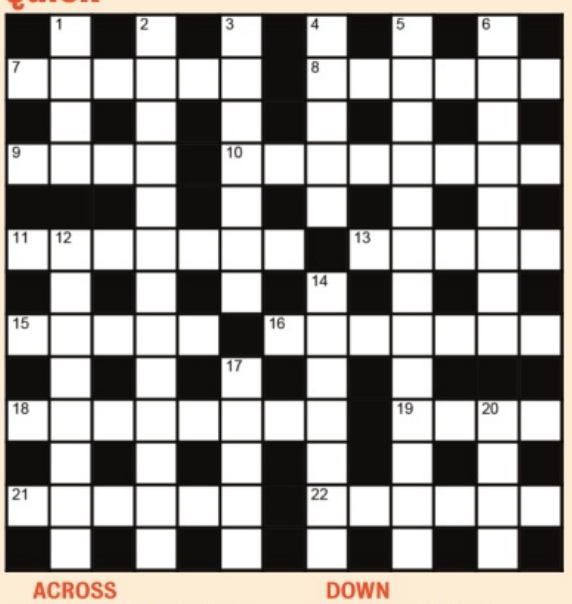


Quick



ACROSS

7 In the previous month (6)
8 Vidhyarthi _____ : Dosa place in Gandhi Bazaar (6)
9 Tub for soaking (4)
10 Another word for 'banter' (8)
11 Astounded or stupefied (7)
13 Non reactive (5)
15 Exactly vertical (5)
16 Masculinity (7)
18 Compels by force (8)
19 Recent information (4)
21 Inject; insinuate (6)
22 Arrested colloquially (6)

DOWN

1 Small creature (4)
2 Arrogant (4,3,6)
3 Eats hurriedly and noisily (7)
4 Stay; remain (5)
5 Persistent but tiresome person (4,2,3,4)
6 Marsupial from down under (8)
12 Long-suffering (8)
14 Dried grapes (7)
17 Deceives (5)
20 At which time? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS P

WDZDQ BDYY J GJW THO VJW QDJR IAG BIQHOCI JWR BI-QHOCI; GHFB UDHUYD UQDXDQ BH KD BIHOCIB DWACGJF.

Linemaro

If I had the money, I would hire a jazz band to walk behind you and play funky tunes when you were sad

Mindchow

You have to be odd to be number one

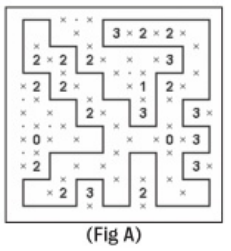
Joke of the day

What's the difference between ignorance and apathy? I don't know, and I don't care

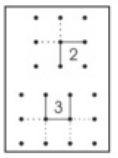
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

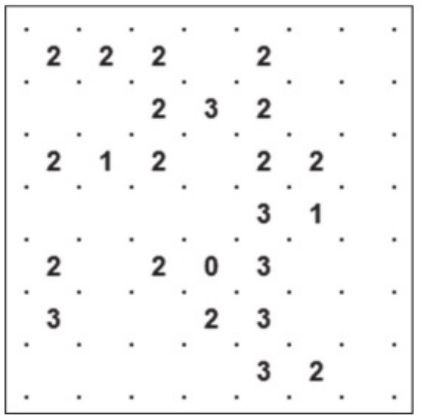


(Fig B) Not Allowed

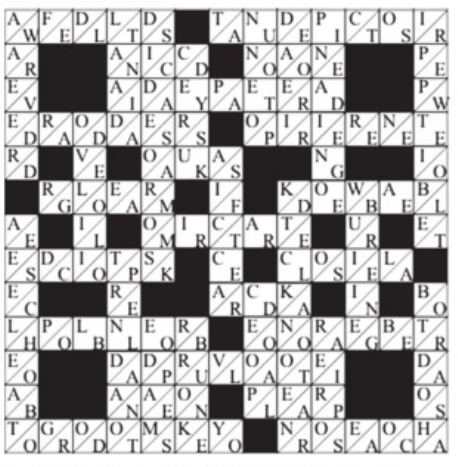
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



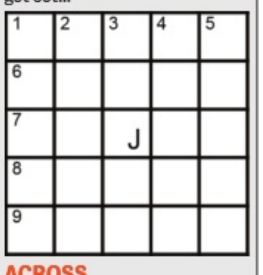
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 I Naga; 6 No and;
7 Munja; 8 No lee;
9 Re-rut

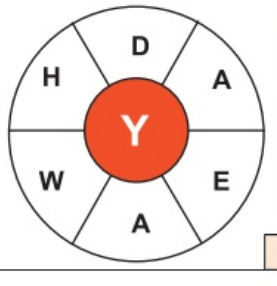
DOWN

1 Lu tad; 2 Negro;
3 Juno a; 4 A nine;
5 Reman

Mensapuzzle

Solve this rebus:

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge

			6	2	5			
	9	8	3		7	1	2	
		3				6		
3		4		1		8		7
5		6		3		4		9
		2				5		
	4	1	8		3	7	6	
			7	9	2			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 1
2 4 5 8

Medium = 26
3 6 8 9

Hard = 22
3 6 9 5

Hocusfocus

Find at least six differences in details between panels.

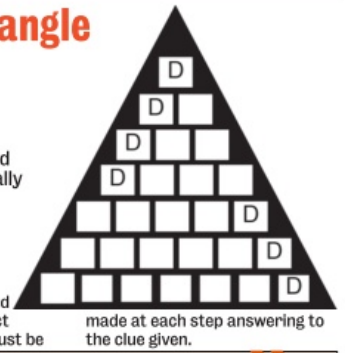
Differences: 1. Hat is larger. 2. Fingers are moved. 3. Tie is different. 4. Coat collar is missing. 5. Man's arm is not showing. 6. Box is smaller.

Riddler

It's in the ocean but not a fish It helps the cook prepare the dish In tears but not in rips or rends, Worn by runners at race's ends What is it?

Alpha triangle

1 Vitamin type
2 Act
3 Bambi's mom
4 Handout
5 Pushed a barge
6 Cut off or severed
7 Failed commercially

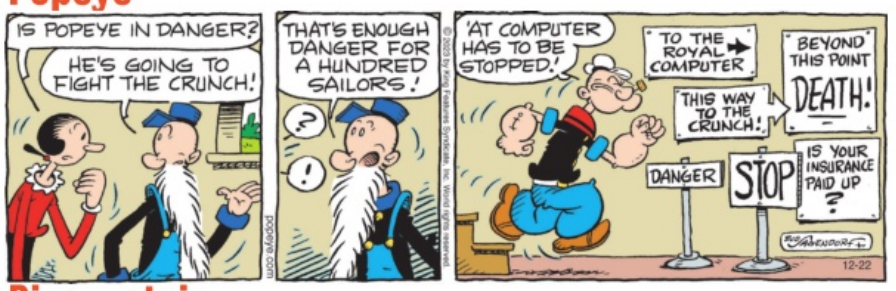


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye



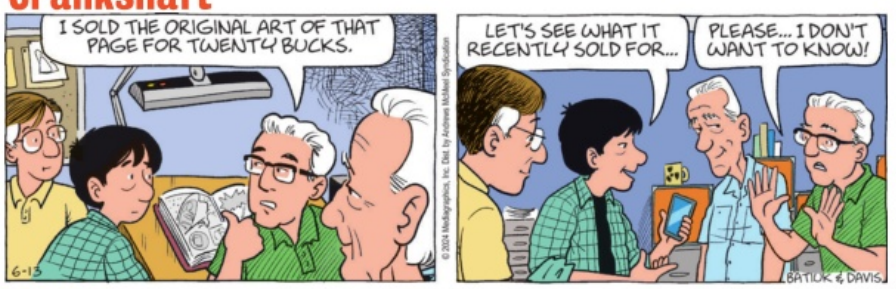
Bizarrotrip

Diamond Lil

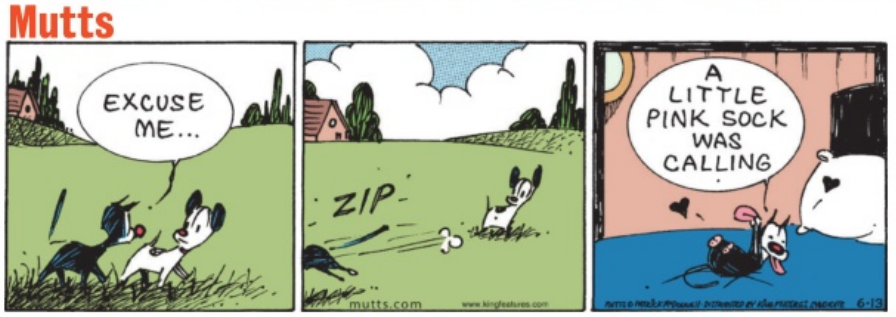
Hart of the city

HMM... MASHED POTATOES OR MAC 'N' CHEESE...
GET THE POTATOES. THE MAC 'N' CHEESE IS TERRIBLE.
THANKS FOR THE TIP!
CRACK!!
OH MY GOSH, HE'S BEAUTIFUL.
HART OF THE CITY © 2024 AARON MCNEEL

Crankshaft


I SOLD THE ORIGINAL ART OF THAT PAGE FOR TWENTY BUCKS.
LET'S SEE WHAT IT RECENTLY SOLD FOR...
PLEASE... I DON'T WANT TO KNOW!
6-13
BATIUK & DAVIS

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
You may be happy due to the blessing from an auspicious planetary combination. You may have some positive energy around you, which may increase your prestige among people. You may spend your time studying intellectual stuff.

Taurus Apr 21 – May 20
Today you may be blessed by the moon. Love would be in the air in terms of personal life. Singles may find suitable matches. You may do better in terms of professional life. Your friends and subordinate staff may support you. Investments in gems and jewellery may likely give positive gains in the near future. You should be careful with elders' health.

Gemini May 21 – Jun 21
Today at the start of the day may be dull for you. In late evening, you may control negativity. New people may connect with you on the work front. With the help of new people, you may try to revamp your business plans. It is advised to read documents before putting your signature.

Cancer Jun 22 – July 23
Today with the help of blessings, you may control your indecisiveness. Kids' health is better now. Your colleagues may be supportive in your work, which will convert into success in terms of project. You may expect to get some incentives with the salary. Natives related to dairy, water projects, grains, homemaker art and culture may do well.

Leo Jul 24 – Aug 23
Today you may be busy with domestic issues. You might take interest in artefacts, movies, fashion which may improve your creativity. You may spend money buying some artefacts, household stuff which will improve your social status. You may become more polite with others. You may also plan to visit some desired places with family or friends.

Virgo Aug 24 – Sep 23
Today you may be happier, internal vitality will boost your self-confidence. You may feel relaxed after a sound sleep. You should avoid carelessness in making decisions in terms of finance, profession and studies. You may likely enjoy some romantic moments with your spouse. Sometimes, you may face self-respect issues, you need to keep patience to avoid converting happy moments into bad moments.

Libra Sep 24 – Oct 22
Today your tendency to overspend may likely affect your savings. You should be careful while expressing yourself on the work and domestic front. You should avoid lending money. You should postpone making important decisions in real estate and other assets related issues. You should try to avoid a tendency of elevation from your responsibilities.

Scorpio Oct 23 – Nov 22
Today with the help of your strong network, you may implement your business plans. You may use your wisdom to gain profits. You may also have harmony in your domestic life, there may be good understanding between you and your spouse. Natives related to metal, booking agents will do better.

Sagittarius Nov 23 – Dec 22
Today you may be passionate in terms of work. You should avoid mixing your brain with your heart while making important decisions, it is advised to follow your intuition before making some decisions related to business, job and investments. Workload may be there, but blessing from elders may help you control this messy situation.

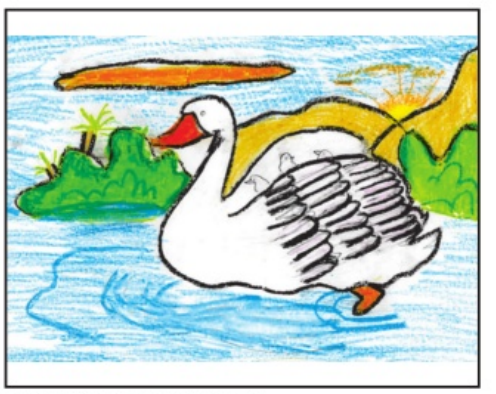
Capricorn Dec 23 – Jan 20
Today you may have some peace of mind, you are not in a hurry today which may reflect in your way of working. Your destiny may help in completing your postponed projects and targets. You may show patience in your domestic life in order to maintain harmony in domestic life. You may have some skin and stomach related issues.

Aquarius Jan 21 – Feb 19
Today you may be a victim of negative thoughts. You may feel dull. Impatient nature and arrogance may push you back from making difficult decisions. You may be in need of the blessing of your elders, which will help you grow in your work front. You should avoid making investments in dead assets. Love birds should avoid discussing bad moments.

Pisces Feb 20 – Mar 20
Today is good for your work, you may be able to perform well in terms of work. Your boss may likely give you some new responsibilities in terms of promotions. Disputes with the partner may be settled down. You may lend money for making your assets. Your kid's health may be better now. You may likely make some investments for the kid's future.

KIDZONE

Moinuddin, 7 Years, Hrha English School



Siya Sharath, 7 Years, Brigade School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= 2·(3(5/6)) ÷ 2·((2(3/4))
= 2·(5/2) ÷ 2·(3/2)
= 2·((5/2-3/2))
= 2·(2/2)
= 2

RIDDLER
Salt

BULL'S EYE
away, dewy, HEADWAY, heady, yawed

FAST FIVE

A	G	A	I	N
D	O	N	N	A
U	N	J	A	M
L	E	O	N	E
T	R	U	E	R

STRIKE OUT

QUICK

MENSA PUZZLE
hangman's noose

QUOTE UNCODE
Never tell a man you can read him through and through; most people prefer to be thought enigmas.

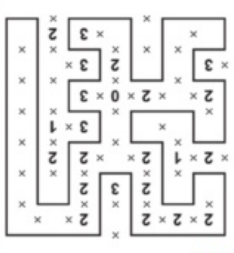
SUDOKU

4	1	7	6	2	5	9	8	3
6	9	8	3	4	7	1	2	5
2	5	3	1	8	9	6	7	4
3	2	4	9	1	6	8	5	7
1	8	9	5	7	4	2	3	6
5	7	6	2	3	8	4	1	9
7	3	2	4	6	1	5	9	8
9	4	1	8	5	3	7	6	2
8	6	5	7	9	2	3	4	1

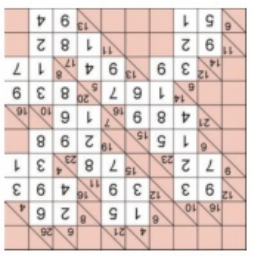
ALPHA TRIANGLE
D, Do, Doe, Dole, Doled, Loped, Lopped, Flopped.

GO FIGURE
Easy
8 − 5 + 2 − 4 = 1
Medium
3 + 8 + 6 + 9 = 26
Hard
3 x 6 − 5 + 9 = 22

LOOP



KAKURO



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Disciplined life

Feel it is important not to be delusional: Rakul Preet

Actress Rakul Preet Singh has talked about discipline, which she said is a priority for her and shared how it is very important not to be delusional.

Talking to Ranveer Allahbadia for his Beer Biceps podcast, Rakul Preet said: "I mean, for me, discipline is number one. I feel that if I am sleeping at 2 o'clock every night and I am waking up at 10 o'clock in the morning, how can I expect that the universe will give me anything that I want you to start living a life that I am in a routine."

"I am waking up at 6:00 in the morning, going to work, putting in effort. That will happen. The universe will make it happen."

Rakul talked about the significance of being prepared. "If you are not prepared to receive the kind of work you want to do, then you will never get it. Like it is said, always live like you already got it... but I did not know all this, I got to know all this later. But thanks to my army upbringing, my lifestyle was that and then I also feel it is very important not to be delusional."

She added: "Say very good things that you should not be lazy and I was not even with myself. You know maybe people will feel that it is very easy to sit and say this, but if someone gave me constructive criticism then accepting that- yes, maybe I was not good..."

The actress is gearing up for the release of "De De Pyaar De 2" which is slated for a summer 2025 release. — IANS

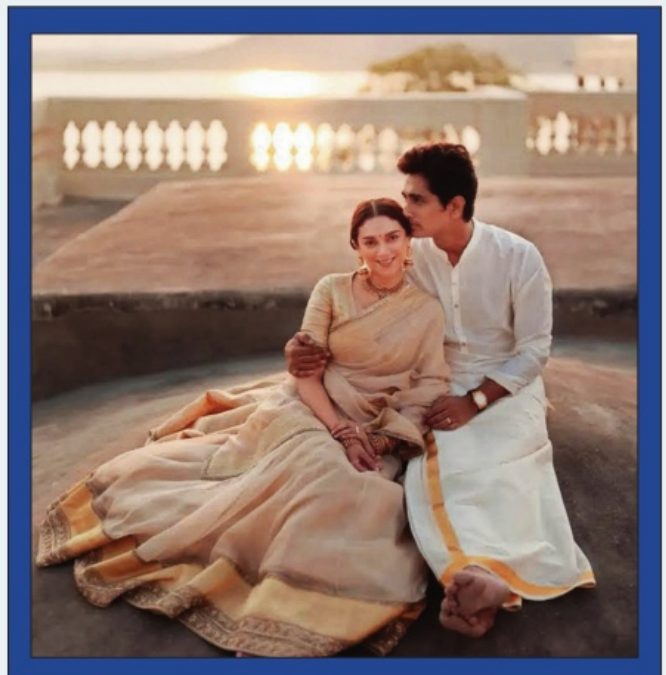
> **I am waking up at 6:00 in the morning, going to work, putting in effort. That will happen. The universe will make it happen**
> — Rakul Preet Singh

Unique stories, scenic beauty of Churmuri

Directed by Krishna Udupi, Churmuri brings together a cast and highlights the Western Ghats. The director says the combination of entertainment and natural locations will connect with viewers. Krishna Udupi, who wrote and directed the film, stated, "The visuals were shot in locations in the Western Ghats and key cities, allowing viewers to experience nature and gradually engage with the film."

Despite challenges during production, Udupi said the team did not compromise on delivering entertainment. He added, "Every scene will offer a complete viewing experience, and the songs by Dr. Prakash Sontakke will provide a unique listening experience." The director also mentioned that each character in Churmuri has its own story, adding depth to the film. Every song composed by music director Dr. Prakash Sontakke will transport the listeners to a new emotional realm." He added, "All the characters in Churmuri have their own stories, which will deeply connect with the audience and contribute to creating a beautiful film. The actors have also contributed significantly to the film. Churmuri portrays the idea that 'you observe everything that you read,' slowly pulling viewers away from the fast pace of life."

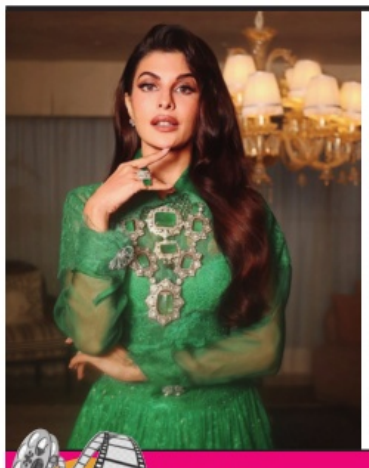
The film features actress Priya Shathamarshan of Koti and Bheema fame in the role of Lakshmi, stage artist Krishna Hebbale as a retired professor, and Lavanya as Archana. Other actors include Vishwas, Vithal, Nitin, Pavan, Srikar Jain. **BMB**



Snapshots from a wedding

Check out a few pictures from the simple temple wedding of Aditi Rao Hydari and Siddharth

Watch this story come alive by pointing your phone camera at the QR code



Jacky makes singing debut

Surprising audiences once again, actor Jacqueline Fernandez has now made his singing debut with single 'Stormrider'. Jacqueline will be seen picking up the mic with her debut single Stormrider, released in collaboration with LA

Titled 'Stormrider', Jacqueline's debut single is produced in association with LA-based record label Myst Music.

Taking to Instagram, Jacqueline treated fans with the teaser of the song and captioned the post, which read, "This is just the beginning #Stormrider."

Jacqueline shared the inspiration behind her debut, "Growing up in a household filled with music, especially with my dad being a part-time DJ, I was surrounded by an eclectic mix of sounds from a young age. Our home was filled with vinyl records, CDs, and music from different genres and cultures. This exposure to diverse musical influences sparked my passion for music..." — ANI

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Son & father

The team of Johnty S/o Jayaraj, which went on floors three years ago, is getting ready for promotional programmes for the movie. The movie's teaser and trailer was unveiled by Sandalwood actors Vinod Prabhakar and Srinagara Kitty on Friday. The film's highlight is that it features Ajith, the son of late Jayaraj, who has played the father and the son in the movie.

"I felt nervous while playing my father in the movie. Director Anandraj helped and guided me to face the camera. I play a character that has two shades," said Ajith.

Johnty S/o Jayaraj is bankrolled by Sugur Kumar who has a two-decade experience in the publicity and promotion segment. Director Anandraj said the movie revolves around finance and market mafia after Jayaraj was assassinated. "I wrote the script based on the information given by some people and from media reports. Market mafia was thriving soon after Jayaraj was killed," said the director.

He said the movie has all elements such as romance, friendship, and sentiments. "The movie will showcase how Bengaluru was before and after Jayaraj's death. It will give an opportunity to the audiences to know how the city was during the 1990s," he said. The movie also stars Niviska Patil.

After a break

Malashree, known as the Action Queen and Kanasina Rani in Sandalwood, is happy to have the opportunity to share screen with veteran actress Bhavya. Malashree and Bhavya are set to act in Kannada movie Thayine Devara? Its muhurat function was held on Thursday at Dakshina Shirdi Sai Mandir situated at Vadderahalli.

"I am known for playing the tough cop who fights anti-social elements and underworld dons in my previous movies. Thayine Devara? has provided me an opportunity to share screen with actress Bhavya after around 30 years. We both acted in the movies Hrudaya Haaditu and Solillada Saradara that were released during the 90s. The script of the movie is interesting," said Malashree.

Dr Sai Sateesh Thotaiah, who has been associated with Sandalwood for the last 16 years, is bankrolling the movie under the Sri Sai Sakthi Cine Combines banner. "I

was away from Sandalwood for eight years due to some reasons. Now, I have come back to Sandalwood with this movie for which I wrote the script and screenplay. All types of audiences will connect with this movie. I have selected Abhiman H Kaginalli to direct this movie because of his talent," said Thotaiah.